



Senior Community Center

68 Elm St

Amesbury, Ma 01913

978 388 8138

Fax 978 388 8144

Volume 2, Issue 9

Sept. 2016

CITY OF AMESBURY COUNCIL ON AGING

Carriage Town Senior Newsletter

A note from the Interim Director Doreen Brothers, LSW, CPT

I am excited to have been appointed by Mayor Gray as your Interim Director for the Amesbury Council on Aging. I have worked alongside Annmary Connor for six of my nine years serving Amesbury. We accomplished many important programs together. She will be missed! We wish her well as Andover's COA Director.

Amesbury is a great community with many supportive people. Now

Mayor Ken Gray

September means summer is coming to an end and the beginning of my favorite season...fall. I particularly enjoy the tastes and sights of fall like the changing colors and apple picking with our grandkids. We have so many wonderful places in Amesbury to enjoy the fall foliage. This time of year also means that our children are going back to school. Keep this in mind when you're out and about, especially in the mornings and afternoons. Please take extra care to look twice!

more than ever, we need your support. Please consider volunteering and/or joining the Friends of the Council on Aging. My intent is to continue working hard on providing what you want: dynamic wellness programs, assistance with social services and a friendly, energetic staff! Please call me or come in with questions, comments or concerns.

Remember there are 5 dimensions of wellness

This month I will also be participating in the Fireball Run, a life-sized trivia game in which we have missions to complete, all while bringing attention to America's missing children. My co-pilot, Charlie Cullen, and I will be heading out to Ellicottville, NY to start our race on September 23rd and will end in downtown Amesbury on October 1st. Please follow us on Facebook on our page, Carriagetown Cruisers or at www.amesburychamber.com/fireballrun ... We'll see you all at the finish line!

Take Care, Ken



(see pg. 4) September is a good time to think about your health. We are offering programs like a shingles clinic, Aging Mastery Program and Pastel Painting (acquired thru the Cultural Council Grant)

Don't miss out—Our 4th Annual fundraising **HEALTH FAIR!** Sept. 23rd 10am (see pg. 8) Check out more fun stuff to do inside!



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Interim Director

Doreen Brothers,
M.A., LSW, CPT
x546

brothersd@amesbury
ma.gov

Operations Manager

Vanessa Kahrman,
MA, LSW
x544

kahrmanv@amesbur
yma.gov

Prog.Coord./Comm. Relations

Katrina Rioux, LSWA
x545

EMHOT Program Manager

Courtney
Hutchinson MA,
LSW x543

~

N.E.E.T

Mary Jo Sullivan x
556

Activities/Aide

Brandi Thompson
Peggy Walker

Nutrition Program: MOW Site Manager

Jennifer

978 388 8138 x549

COA Board MTG 9/8 4:30p

FCOA Board MTG 9/15 3:00pm

Special Events:

We ask that you **RSVP 978-388-8138** for all these events listed

- 9/6 Tue 11am:
Brown Bag pick up

- 9/8 Thurs. 2:30pm
Aging Mastery
Program (AMP)

Elective: Nutritional
Signs w/ Ginny King.
Past participants only
please

- 9/8 Thurs. 6pm
Pastel Painting
Thank you Amesbury
Cultural Council

- 9/9 Fri. 12pm-5pm
Red Cross Blood
Drive

- 9/12 Mon 11:20
Sponsored lunch
(FREE)Thank you
Merrimack Valley
Health Center. RSVP
by 9/7

- 9/14 Wed 9am
Simply Foot Care:
Catherine Languedoc,
RN , Cost \$30 pp, Apt
start at 9am

- 9/14 Wed 4:30pm
Accreditation Mtg

- 9/15 Thurs. 10:30am
Shingles clinic

- 9/15 Thurs. 2:30
AMP Elective -
Aspirations w/ N.E.
Rehabilitation

- 9/15 Thurs, 11:20am
Lunch. Noon Birthday

Party: Thank you
Merrimack Valley Health
Ctr for \$20 gift raffle. &
Stop n Shop, FCOA.
Entertainer-If this is your
birthday month the FCOA
invites you to lunch. rsvp
9/12

- 9/19 Wed 9am Coffee w.
Chiefs . Special guest DPW
Director Rob Demarais!
Learn about special projects
around town

- 9/19 Mon 4:30 Greenleaf
Outdoor Grilling w/Atria.
All are welcome! RSVP by
9/15

- 9/22 Thurs. 8:30 am, 9am
and 9:30am Meet the
Lawyer. \$5 fee in advance
to reserve your appt. time.
\$300 value

- 9/28 Wed 11:20am
Sponsored Lunch: Thank
you *Country Rehab.*
Center, Meet the great
staff. Enjoy time together!

ATTENTION VETERANS! 9/19

NEW! Local Veterans Peer Support Group

- ♦ Relaxation exercises
- ♦ How to cope with daily living
- ♦ Meet other Veterans of all ages
- ♦ 2nd and 4th Mondays 6:30pm (SEPT 19th)
- ♦ Held at ACOA, 68 Elm St. 978-388-8138

Groups

- 9/1 Thurs 1pm Low
Vision support group.
Newcomers welcome

- 9/2 & 9/16 Men's
Group: facilitated by Joe
LeBlanc – pastry &
coffee sponsored by
Andymans Bakery

- 9/9 & 9/30 Men's
Social Group: Gathering
of like minded men.

- 9/15 Thur NAMI
7pm: National Alliance
on Mental illness . The
Family & Friends
support group/
Connection Recovery.
978-872-4525 or
nnea333@gmail.com

- 9/21 thru 12/21 Wed
10am Bereavement
Support Grp. Please call
Lois Marra Home Health
VNA 978-684-2185

- 9/28. 10/26, 11/30,
12/28 5:30pm
Bereavement Grp Anna
Jaques Cancer Center 1
Wallace Bashaw Jr. Way
Suite 2001, Newburyport
MA

VOTER INFORMATION

State Primary - Thursday,
September 8th / Last day
voter registration Friday,
August 19th

State Election - Tuesday,
November 8th / Last day
voter registration, Wednes-
day, October 19th

*Please note:
Reservations
cannot be
confirmed
until payment
is received.
For details
and to sign
up for one of
our group
tours please
contact the
Council on
Aging in
Amesbury @
978-388-8138.*

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**COA Board  
MTG 9/8  
4:30pm**

**Friends of the  
Council on  
Aging**

**FCOA Board  
MTG 9/15  
3:00pm**

**FCOA Officers**

**Ken Bosse,  
President  
John Jennell, Vice  
President  
Jackie Storti,  
Treasurer  
Arlene  
Mooers, Secretary  
Lois Pierce,  
Membership  
Secretary**

## **Trips and Tours— A fundraiser for the FCOA— Everyone is welcome**



**September 17** – New England Goes Country at Danversport Yacht Club: Featuring Jimmy Lehoux and Nicole Frenchette; enjoy some of your country favorites as well as new songs performed by up and coming country artists. Includes transportation, lunch (chicken or fish) and Show. \$79pp payable to Best of Times. (Indicate Meal Choice at time of sign up).

**September 25** – Travel Club Seminar – Pizza Party @ 11:00am – Hosted by Merrimac COA, 100 East Main St. (Rte. 110), Merrimac. Learn about upcoming trips; share your thoughts and ideas for future travels. Advance sign up requested at Newburyport, Amesbury or Merrimac COA.

**September 27** – Lighthouse Cruise and Waterfire, Providence, RI – Includes 90 minute 10

lighthouse cruise of Narragansett Bay. Dinner at Andino's Restaurant (choice of Eggplant Parm, Chicken Francaise or Broiled Scrod); at dusk watch as 120 cauldrons are lit and floated down the river – Providence's fabulous Waterfire Display! \$94pp payable to Groups, Inc. (Indicate Meal Choice at time of sign up).

**October 4** – New Hampshire Turkey Train – Featuring foliage train ride; Harts Turkey Farm Luncheon (roast turkey, whipped potatoes and butternut squash with sundae dessert) and a Mystery Stop! Transportation included. \$82.95pp payable to Best of Times.

**October 11** – Cranberry Festival in Wareham, MA –With a 1 hour tour of A. D. Makepeace Company, largest grower of cranberries in the world; everything from growing to harvesting to table. Lunch at Lindsey Family Restaurant; and a stop at Plymouth Bay Winery. Includes transportation. \$84pp payable to Groups, Inc. due 9/26

**October 26** – Covered Bridges & Cathedral of the Pines - Includes guided tour of Cathedral of the Pines and 7 New Hampshire covered bridges. Stop for fresh baked cookies along the way. Family Style Dinner (Pot Roast or Baked Haddock) at East Hill Farm in Troy, NH. Transportation included. \$79pp payable to Groups, Inc. due by October 10. (Indicate Meal Choice at time of sign up).

Save the Dates!

**November 5 – 7** – Atlantic City and Cape May, NJ – 2 Nights at Bally's Resort & Casino on the Boardwalk; includes \$50 Slot Bonus. Tour of Victorian Cape May includes US Coast Guard Base. \$199pp dbl occ/ \$269 single payable to Yankee Line, Inc. due by October 5.





### Council On Aging Mission Statement

*To advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.*

### Council on Aging Board

Gayle Yarnell-  
Chairperson D.  
Kliggi Thomas- Vice  
Chair, Cynthia  
Costello- Secretary,  
Lee Ford –Treasurer,  
Paul C. Rogers,  
Marcia Gilmore,  
Frankie Lalemand,  
Sue Ballard, Teresa  
Axten, Andy Gilmore

**COA BOARD**  
9/8

4:30pM

We welcome  
members to  
join us at our  
meetings

**FCOA BOARD**  
9/15 3:00pm

## Senior Crime Prevention Tips By Officer Tom Hanshaw



The Fireball Run is coming to Amesbury and you are invited to join the festivities on Saturday October 1<sup>st</sup>. The Fireball Run is a combination of The Amazing Race meets Trivial Pursuit, where fifty teams will be travelling from Western New York to Amesbury in late September. Unlike the traditional race from point A to point B, participants must complete tasks at each stop, earning points along the way. In their 10<sup>th</sup> year, the organizers of The Fireball Run make the experience interactive and broadcast the event online, seen across the world-wide-web.

The Fireball Run, in addition to being entertaining, is also an effort to recover America's Missing Children, as each team rides in honor of a

missing child from their area. To date, forty-seven missing children have been located and you may recall the Fireball Run made a stop in Amesbury back in 2012. The producers enjoyed the experience so much, they wanted to come back and this year, we are the finish line!

Mayor Ken Gray and former Provident Bank President, Charlie Cullen will represent the City this year and a full day of activities are being planned for October 1<sup>st</sup>. The Chamber of Commerce is organizing the event and a committee has been working for months on the project. Details will be available in The Daily News and on the Chamber of Commerce website so be sure to stay informed. A large parade,

afternoon of live music, a safety fair and much more are already in the works; something for everyone! In 2012, a huge crowd was on hand to welcome the Fireball Run racers, despite heavy rain. This year our fingers are crossed for nicer weather and even a bigger crowd, so plan to join the fun on Saturday October 1<sup>st</sup> in downtown Amesbury.

**\*\*\*NEW FUEL \*\*\***  
**ASSISTANCE APPLICA-  
TIONS**  
*beginning  
Sept 10th!*  
**Call Community Actions  
978-978-373-1971 ext. 218  
to have your application  
mailed.**  
**Then make an appoint-  
ment with Doreen at the  
Amesbury Council on  
Aging**  
**978-388-8138 x546**



There are 5 main aspects of personal health: physical, emotional, social, spiritual, and intellectual. In order to be considered "well," it is imperative for none of these areas to be neglected.

See if you can find this symbol in the newsletter and look for ways to practice good wellness habits.

## Senator Kathleen O'Connor-Ives First Essex District



### HELP WANTED

Seeking volunteers to be part of the FCOA- which supports the COA. We need help with administrative and fundraising aspects. All are welcome to join the board!

Next meeting  
July 21st  
3pm

**Annual  
FCOA /COA  
Health Fair  
September  
23rd!**

Dear friends,  
In July, the Massachusetts Senate passed legislation to promote the use of ignition interlock devices by OUI offenders, which test blood -alcohol content before starting a car. According to Mother Against Drunk Driving, 41% of motor vehicle deaths in MA are alcohol-related.

I filed an amendment included in the bill which tasks the Commissioner of Probation to conduct a study on law enforcement agency access to sealed prior convictions for violating the state's OUI laws, and to submit legislative recommendations to improve access. In some cases, OUI offenders have been undercharged because

sealed prior convictions were improperly shielded from law enforcement and court personnel, causing administrative delays and, more importantly, compromising public safety. If prior convictions are not known to prosecutors, habitual offenders may have the opportunity to drink and drive again before returning for trial.

Under the bill passed by the State Senate, drivers guilty of their first OUI offense would have the opportunity to install ignition interlock devices in their vehicles, while subsequent offenses would require enrolling in treatment programs or completion of jail sentences before an ignition interlock license

could be issued.

It is my hope that in the next legislative session, this bill will be re-filed and passed in both the Senate and the House in order to prevent convicted OUI offenders from operating their vehicles while drunk.

As always, my office can be reached at 617-722-1604 if we may be of assistance.

Sincerely,

Kathleen O'Connor Ives  
State Senator  
First Essex District

### Spinach Brownies

Recipe By: BOWLINGNUT

|      |      |          |
|------|------|----------|
| Prep | Cook | Ready In |
| 20 m | 35 m | 55 m     |



Recipe  
submitted by  
Chef Kenny

"They look like brownies, but they're not sweet! Here's a wonderful way to have spinach. This is a treat my girls love to eat. Two 10 ounce packages frozen spinach, cooked, may be substituted for fresh."

|                                                  |                                                |
|--------------------------------------------------|------------------------------------------------|
| 1 (10 ounce) package spinach, rinsed and chopped | 1 cup milk                                     |
| 1 cup all-purpose flour                          | 1/2 cup butter, melted                         |
| 1 teaspoon salt                                  | 1 onion, chopped                               |
| 1 teaspoon baking powder                         | 1 (8 ounce) package shredded mozzarella cheese |
| 2 eggs                                           |                                                |

### Directions

- 1 Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
- 2 Place spinach in a medium saucepan with enough water to cover. Bring to a boil. Lower heat to simmer and cook until spinach is limp, about 3 minutes. Remove from heat, drain, and set aside.
- 3 In a large bowl, mix flour, salt and baking powder. Stir in eggs, milk and butter. Mix in spinach, onion and mozzarella cheese.
- 4 Transfer the mixture to the prepared baking dish. Bake in the preheated oven 30 to 35 minutes, or until a toothpick inserted in the center comes out clean. Cool before serving.



# Health Fair

## Sept. 23, 2016 10:00 am -1:00 pm

FREE and open to the public!

Free Blood Pressure Clinic

Information sharing

Free Reiki

Find Mass Money



MBTA Charlie Card Sign Up

Flu Shots

Sponsor tables

Grab -n-go lunches

Freebies

**Fundraiser to maintain quality of activities & services  
sponsored by the Friends of the Council on Aging**



For questions, or more information, please contact Katrina Rioux , BA, LSWA at 978-388-8138.





## Elder Services of the Merrimack Valley- September Regular Menu 2016

| Monday                                                                                                                                                                                                                                                                                                                                                                                         |      |    | Tuesday                                                                                                                                                                       |      |    | Wednesday                                                                                                                                                              |      |    | Thursday                                                                                                                                                               |      |     | Friday                                                                                                                                                             |      |      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|
| <b>Totals include: Entrée, sides, dessert, fruit, bread, milk &amp; margarine.</b><br><b>Sodium (Na):</b> Milligrams noted in parentheses<br><i>Milk: 100 cal, 12 carbs and 110 mg sodium</i><br><i>Margarine: 40 cal, 0 carbs and 50mg sodium</i><br><i>*High sodium item (&gt;500mg)</i><br><i>Shading = higher sodium meal (&gt;1200mg)</i><br><b>Menu Subject to Change Without Notice</b> |      |    |                                                                                                                                                                               |      |    |                                                                                                                                                                        |      |    | <b>1 Baked Chicken &amp; Gravy (150)</b><br>Mshd Potato(105)<br>Carrot&Turnip(70)<br>NG Bread (150)<br>Diet Gelatin (10)                                               |      |     | <b>2 Vegetarian Chili (335)</b><br>Rice pilaf (225)<br>Squash Blend (5)<br>Cornbread (290)<br>Fresh Fruit (5)                                                      |      |      |
| Cal                                                                                                                                                                                                                                                                                                                                                                                            | Carb | Na | Cal                                                                                                                                                                           | Carb | Na | Cal                                                                                                                                                                    | Carb | Na | Cal                                                                                                                                                                    | Carb | Na  | Cal                                                                                                                                                                | Carb | Na   |
|                                                                                                                                                                                                                                                                                                                                                                                                |      |    |                                                                                                                                                                               |      |    |                                                                                                                                                                        |      |    | 520                                                                                                                                                                    | 50   | 640 | 730                                                                                                                                                                | 110  | 1015 |
| <b>5</b><br><br><b>Labor Day</b><br><b>No Meal Service</b>                                                                                                                                                                                                                                                    |      |    | <b>6 Hot Dog(340)</b><br>Pork Baked Beans(330)<br>Chef's Veg (5)<br>Hot Dog Roll(210)<br>M.Oranges (5)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>670 80 1050                 |      |    | <b>7 Special: Chicken Mirabella (285)</b><br>Brown Rice (5)<br>Carrots (70)<br>Watermelon (5)<br>White Brd (120)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>725 80 630 |      |    | <b>8 Beef Stew with Vegetables (145)</b><br>Potatoes (5)<br>Cauliflower (5)<br>Biscuit (355)<br>Pudding** (190)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>780 95 860  |      |     | <b>9 Macaroni n'cheese* (615)</b><br>Topping (165)<br>Spinach (110)<br>Honey Roll (180)<br>Mixed Fruit (5)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>740 100 1170 |      |      |
| <b>12 Swedish Meatballs (240)</b><br>Egg Noodles (5)<br>Broccoli (15)<br>D.Roll(180)<br>Diet Gelatin(10)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>640 70 600                                                                                                                                                                                                                                 |      |    | <b>13 Chicken Parmesan*(720)</b><br>Pasta (5)<br>Capri Blend (15)<br>Oat Bread (150)<br>Mixed Fruit (5)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>715 95 835                 |      |    | <b>14 Soy&amp;Ginger Pork* (530)</b><br>White Rice (5)<br>Asian Veg (5)<br>White Brd (120)<br>Pineapple (5)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>595 80 835      |      |    | <b>15 Greek Pasta Salad (185)</b><br>Marinated Veggie Salad (100)<br>Roll (180)<br>Bday Cake**(175)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>570 85 800              |      |     | <b>16</b><br><br><b>Closed for Staff Appreciation</b><br><br><b>No Meal Service</b>                                                                                |      |      |
| <b>19 Chicken Drumstick (290)</b><br>Msh Swt Pot(30)<br>Peas (60)<br>D.Roll(180)<br>Yogurt (75)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>685 95 785                                                                                                                                                                                                                                          |      |    | <b>20 Salmon with Dill Sauce (265)</b><br>Rice Pilaf (90)<br>B.Sprouts (15)<br>WG Bread (150)<br>Cookie (100)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>670 85 600           |      |    | <b>21 Chicken &amp; Broccoli Alfredo (420), Pasta (5)</b><br>S.Squash(5)<br>Oat Bread(150)<br>Peaches(5)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>590 85 735         |      |    | <b>22 Burger (200)</b><br>Cheese (185)<br>Potato Wedges()<br>Mixed Veg (5)<br>Burger Bun(230)<br>M.Oranges (5)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>800 80 1030  |      |     | <b>23 Mini Ravioli w/Marinara*(570)</b><br>Zucchini (5)<br>Italian Brd (190)<br>Fresh Fruit (5)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>500 75 930              |      |      |
| <b>26 Sliced Pork &amp; Gravy (100)</b><br>Mshd Potato (5)<br>Chef Veg (15)<br>Oat Bread (150)<br>Applesauce (15)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>490 55 530                                                                                                                                                                                                                        |      |    | <b>27 Chicken Caesar Salad*(565)</b><br>Pasta Salad (130)<br>Beet Salad (140)<br>Bread Stick (230)<br>Mixed Fruit (5)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>1050 90 1230 |      |    | <b>28 Meatloaf &amp; Gravy (185)</b><br>Swt Potato (25)<br>G.Beans (5)<br>WW Roll (180)<br>Fruit Loaf**(170)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>970 115 720    |      |    | <b>29 Veggie Frittata w/cheese (180)</b><br>Pot O'Brien (30)<br>Corn (15)<br>Italian Brd (190)<br>Pudding**(170)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>630 85 765 |      |     | <b>30 Breaded Fish (360)</b><br>Butternut (5)<br>CousCous (180)<br>NG Bread (150)<br>Fresh Fruit (5)<br><br><b>Cal</b> <b>Carb</b> <b>Na</b><br>890 125 850        |      |      |

For cancellations, please call: **978-686-1422** 24 hours in advance

\$2.00 Voluntary Confidential Donation Requested Per Meal

Questions? Please contact Nutritionist, Leigh Hartwell 978-651-3023

| Monday                                                                                                                                                                      | Tuesday                                                                                                                                            | Wednesday                                                                                                                                     | Thursday                                                                                                                                                                                                 | Friday                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
|                                                                                          | <p>New program -<br/><b>DINNER DASH!</b> A volunteer run program distributing meal site lunches to those who are unable to get their own</p>       |                                                             | <p>8:30 Yoga Thx Maplewood<br/>9:30 Iris/10 Zumba<br/>10:00 Meditation Group<br/>10 Bereavement Group<br/>1 p Line dance 1p bridge<br/>1:00 Low Vision Support</p>                                       | <p>9:00 Men's Group<br/>9:30 Tai Chi<br/>12:00 Cribbage<br/>1:30 Shopping</p>                                      |
|                                                                                          | <p>9:30 Busy Needles<br/>10: Book Club/Blankets for Kids<br/>10 Health Nurse<br/>11:00 Brown Bag<br/>12:15 Bingo<br/>2:30p TV Series-- Showing</p> | <p>10:00 SHINE/Watercolor<br/>1:00 Exercise<br/><b>2:00 3B Fitness!</b></p>                                                                   | <p>8:30 Yoga Thx Maplewood<br/>10 NO Zumba class<br/>10:00 Meditation Group<br/>1 p Line 1p bridge<br/>2:30 AMP ELECTIVE<br/>4:30 COA Board<br/><b>6:00 PASTEL PAINT</b></p>                             | <p>9:00 Men's Peer Social Group<br/>9:30 Tai Chi<br/>12:00 Cribbage<br/>12:00 BLOOD DRIVE<br/>1:30 Shopping</p>    |
| <p>9:00 Wii<br/>10: Art Class<br/>11:20 Sponsored Lunch:<br/>Merrimack Valley Health Center<br/>12 Movie--<br/>2:00 MahJong/2:00 Computer</p>                               | <p>9:30 Busy Needles<br/>10:00 Health Nurse<br/>11am HEARING CLINIC<br/>12:15 Bingo<br/>2:30 TV Series-- Showing</p>                               | <p>9:00 Simply foot care/podiatry<br/>10:00 SHINE/Watercolor<br/>1:00 Exercise<br/><b>2:00 3B Fitness!</b><br/>4:30 ACCREDITATION<br/>MTG</p> | <p>8:30 Yoga Thx Maplewood<br/>10:00 Medit Grp 10:00 Zumba<br/>10:30 SHINGLES CLINIC<br/>12:00 Birthday party<br/>1:00 Bridge/ line dancing<br/>2:30 AMP ELECTIVE<br/>3:00 FCOA meeting<br/>7pm NAMI</p> | <p>9:00 Men's Group<br/>9:30 Tai Chi<br/>12:00 Game Time<br/>1:30 Shopping</p>                                     |
| <p>9:00 COFFEE W/CHIEFS (special guest)<br/>9:00 Wii/10: Art Class<br/>12:00 Movie<br/>2:00 MahJong/2:00 Computer<br/>4:30 Greenleaf Dinner<br/>6:30 Veteran Peer group</p> | <p>9:30 Busy Needles<br/>10:00 Health Nurse<br/>12:15 Bingo<br/>2:15 TV Series--</p>                                                               | <p>10:00 SHINE<br/>10:00 Watercolor<br/>1:00 Exercise<br/><b>2:00 3B Fitness</b></p>                                                          | <p>8:30 Yoga Thx Maplewood<br/>8:30 Meet the Lawyer<br/>10:00 Meditation Group<br/>10:00 Zumba class<br/>1:00 NO Line Dancing or</p>                                                                     | <p>10-1pm HEALTH FAIR!<br/></p> |
| <p>9:00 Wii / 10: Art Class<br/>12 Movie--<br/>2:00 MahJong/Computer</p>                                                                                                    | <p>9:00 Diabetic Shoe Clinic<br/>9:30 Busy Needles<br/>12:15 Bingo /2:30 TV Series--</p>                                                           | <p>10:00 SHINE/Watercolor<br/>11:20 Sponsored lunch:<br/>Country Rehab Center<br/>1:00 Exercise<br/><b>2:00 3B Fitness</b></p>                | <p>8:30 Yoga Thx Maplewood<br/>9:30 Iris/10 Zumba<br/>10:00 Meditation Group<br/>1:00 Line<br/>1:00 bridge</p>                                                                                           | <p>9:00 Men's Group<br/>9:30 Tai Chi<br/>12:00 Game Time<br/>1:30 Shopping</p>                                     |



# September 2016





# RECYCLING COLLECTION DAY

Fundraiser and Community Service event sponsored by the Amesbury Lions Club

9:00 a. m. to 12:00 Noon SATURDAY – September 17, 2016

Location: Allied Computer Brokers - 23 Noel Street. Amesbury

| <b><u>\$1.00 ITEMS</u></b>     |                          | <b><u>Total</u></b> | <b>SENIORS CITIZENS &amp;<br/>DISABLED ADULTS</b> |
|--------------------------------|--------------------------|---------------------|---------------------------------------------------|
| 8 Track (reel to reel)         | Modem                    |                     | <b><u>DROP OFF</u></b>                            |
| Air Purifier                   | Mouse                    |                     | 23 Noel Street                                    |
| Car Battery                    | Oscilloscope             |                     | between 9 and 12                                  |
| Battery/ Back up               | Palm Pilot               |                     | --OR--                                            |
| CB Radio                       | Pool Pump Motor          |                     | <b><u>SCHEDULE PICK UP*</u></b>                   |
| CD Player                      | Portable Cassette Player |                     | Call 978-388-0327                                 |
| CD ROM                         | Portable Radio           |                     |                                                   |
| Cable                          | Power Supply             |                     |                                                   |
| Camcorder                      | Printer                  |                     |                                                   |
| Camera                         | Projector                |                     |                                                   |
| Can Opener                     | Record Player            |                     |                                                   |
| Car Stereo                     | Safe (personal 12-24")   |                     | <b>Cash or Check payable to</b>                   |
| Cassette Player                | Satellite Dish Receiver  |                     | <b><u>Amesbury Lions Club</u></b>                 |
| Circuit Board                  | Scanner                  |                     |                                                   |
| Copier                         | Speakers                 |                     |                                                   |
| Clip-on light                  | Stereo                   |                     |                                                   |
| Clock Radio                    | Shredder                 |                     |                                                   |
| Coffee Grinder                 | Space Heater             |                     |                                                   |
| Coffee Maker                   | Treadmill                |                     |                                                   |
| Computer CPU                   | Surge Protector          |                     |                                                   |
| Control Panel                  | Surveillance Equipment   |                     |                                                   |
| Disk Drive                     | Telephone                |                     |                                                   |
| Electrical Panel (Boiler)      | Test Equipment           |                     |                                                   |
| Electric Pencil Sharpener      | Toaster/ Toaster Oven    |                     |                                                   |
| Fax Machine                    | Typewriter               |                     |                                                   |
| Floppy Drive                   | VCR                      |                     |                                                   |
| Generator                      | Vacuum                   |                     |                                                   |
| Humidifier/Dehumidifier        | Video Game               |                     |                                                   |
| Keyboard                       | Video Machine            |                     |                                                   |
| Laptop                         | Walkie-Talkie Battery    |                     |                                                   |
| Microwave oven                 | Word Processor           |                     |                                                   |
| <b>OTHER</b>                   | <b>MINIMAL FEE</b>       |                     |                                                   |
| TV 19" and under               | \$10.00                  |                     |                                                   |
| TV more than 19" less than 30" | \$10.00                  |                     |                                                   |
| More than 30"                  | Please call for price    |                     |                                                   |
| Car tire - no rim              | \$ 5.00                  |                     |                                                   |
| Car tire - with rim            | \$10.00                  |                     |                                                   |
| Truck tire - no rim            | \$10.00                  |                     |                                                   |
| Truck tire - with rim          | \$15.00                  |                     |                                                   |
| Battery - Household            | N/C                      |                     |                                                   |
| Computer Monitor               | \$10.00                  |                     |                                                   |
| Air Conditioner                | \$12.00                  |                     |                                                   |

**Cash or Check payable to  
Amesbury Lions Club**

Thank you for your support of  
the Amesbury Lions Club's  
charitable endeavors to prevent  
and cure blindness.

**\*Extra heavy items may incur an  
additional charge.**

**No Charge**  
**Button Cell Batteries, Eye Glasses,**  
**Hearing Aides, Print Cartridges,**  
**Cell Phones**

Items to be placed curbside, in  
driveway or in garage. Due to  
liability, we will not be able to  
retrieve items inside the house.

**TOTAL DUE \_\_\_\_\_**  
**Minimum charge \$10.00**

**Donations are gratefully accepted.**



Airing on Channel 12  
Sunday 8:00am, Mondays  
3:30pm, Wednesday 10:00am  
Saturday 8:00am

Watch and join Doreen Brothers. LSW, Assistant Director and Certified Personal Trainer with 2 local guests.

\*\*\*Please remember we have a treadmill and exercise bike on site for you to use. For FREE

### 5 Dimensions of Wellness



## Senior Lift Wellness Opportunities in Sept.

Channel 12  
Tuesdays 4:00pm  
Wednesdays  
9:30am  
Thursday 7:30pm  
Saturday 9:00am

**3B FITNESS** - Wed. 2pm  
Suggested donation \$3/class

**EXERCISE CLASS** -  
Wed. 1pm

**MEDITATION** -  
Every Thurs. 10am

**YOGA** - Every Thurs. 8:30am

**ZUMBA** - Every Thurs.  
10am No class 7/14, 7/28

**LINE DANCING** - Every  
Thurs. 1pm

**TAI CHI** - Every Fri.  
9:30am



### Aging Mastery Program (AMP!) participants!

If you have attended any of the last 3 AMP programs, This information is for you. Please call Doreen or Katrina

9/8 2:30pm - Nutritional Signs

9/15 2:30pm Aspirations (Bucket Lists)

10/6 2:30pm Memory Matters

## NEW MENTAL HEALTH PROGRAM

Elder Mental Health Outreach Team (EMHOT) is a completely free and confidential service funded by the Mass Council on Aging and in partnership with the Pettengil House for 60 + Amesbury, Salisbury, Newburyport, Merrimac, West Newbury, & Groveland residents. If you, or someone you know, is aged 60+ and suffering with a mental health issue please call Courtney Hutchinson, MCJ, LSW.

978-388-8138 x 543

## FRIENDS OF THE AMESBURY COUNCIL ON AGING (FCOA)

### Annual Membership Drive

If you desire to become a member or want to renew, please complete the application below and mail with \$6.00 per person for the year (Friends fiscal year runs from July 1 to June 30). To have the Carriage Town Senior Newsletter mailed to your home is an extra \$8.00 per year. **The FCOA supports all the activities at the senior center- be a Member!- No age restriction!**

NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Fill in amount included:

FRIENDS \$6 \_\_\_\_\_

NEWSLETTER \$8 \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Please mail check to: Friends of the Amesbury Council on Aging (FCOA), 68 Elm Street, Amesbury, MA 01913 or hand to the receptionist on the second floor

Date received \_\_\_\_\_ Volunteer Staff/Initials \_\_\_\_\_

FCOA is a non-profit



## Looking for volunteers!

The Greenleaf Supportive Day Program is looking for volunteers to help during fundraising events.

### CURRENTLY REQUESTING VOLUNTEERS !!

HELP RAISE MONEY FOR THE GREENLEAF PROGRAM!

For more information please call:

**Katrina Rioux,**  
Program  
Coordinator/  
Community  
Relations  
(978) 388-8138  
x 545

## Free Trial Day



The Greenleaf Supportive/Social Day Program offers each participant socialization and meaningful recreational activities as well as supervision, nutrition and support services in a community-based setting. their family and attend to their own well being.

# Greenleaf Supportive Social Day Program

*Respite for your Family Tree*

Greenleaf Supportive Day Program is located within the Amesbury Senior Community Center.

**Monday - Friday 9:00am - 3:00pm**

Lunch is served at 11:15am

For more information please call

**Vanessa R. Kahrman 978-388-8138 x544**

**Greenleaf is contracted with Elder Services of the Merrimack Valley.**

Payment options are available if you are a client of ESMV or are eligible for MassHealth.



Great Dane Service Dogs

## Greenleaf Caregiver Support Activities are FREE to ALL

9/19 4:30 PM Entertainment 5:30 PM Dinner Served

9/22 1pm: **Speaker** Heartstrings

2pm: **Support group** with Katrina, BA, LSWA

**Greenleaf Caregiver Support.** This program is **FREE to all** and provides fun, recreational and social activities to anyone who has an interest.

The purpose for caregiver support is to provide caregivers with the resources needed to manage the stress associated with caring for a loved one

**All Greenleaf Caregiver Support Events are now open to the public!**

Events are free to the first 40 people who sign up.

RSVP at (978) 388-8138.

### WHAT DOES GREENLEAF CAREGIVER SUPPORT OFFER?

- Case Management
- Caregiver Support Groups
- Tele Check-In Program
- Friendly Visitor Program
- After Greenleaf
- Entertainment

### FOR MORE INFORMATION

Please call Katrina Rioux at 978-388-8138 x545

Vanessa Kahrman at 978-388-8138 x544

### Upcoming Events:

#### Entertainment & Dinner Event

Sponsored by Atria

*\*FREE\**

Monday Sept. 19th  
4:30 **Entertainment**  
5:30 **Dinner**

*\*Please RSVP\**

#### Past Events:

I hope you have enjoyed some of our past events

**August** Lobster & Jazz

**July** Hypnosis Program

**June** Bingo Night

**May** Chowder Festival

**May** Great Danes

**March** David Shikes Comedian



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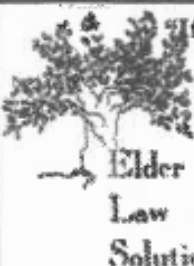
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978-388-8138

### Iris Folding with Jeanne Marie Thursdays 9:30-11:00

Iris Folding is a craft that originated in Holland. I have been teaching it here at the ACOA for over 6 years. I begin teaching you with an easier pattern and where you go from there is up to you. You work independently with my support and guidance. We make a greeting card each week. The class is \$3 per week. Please call me at, 978-792-5145, if you would like to join us!

### ARE YOU AN ADULT AGE 60 OR OLDER WHO HAS MENTAL HEALTH CONCERNS? WE CAN HELP!

The elder mobile mental health outreach team (EMHOT) is a completely free and confidential service funded by the MCOA and in partnership with the Pettengill House, Inc to residents of Amesbury, Salisbury, Newburyport, Merrimac, West Newbury, and Groveland that are aged 60 and older.

If you, or someone you know, are aged 60 or older and suffering with a mental health issue please call for a referral.

**CONTACT:**  
Courtney Hutchinson, MCJ, LSW  
978-388-8138 x 543  
hutchinsonc@amesburyma.gov  
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